New Years Greetings

Dear Ladies and Gentlemen of Cedarfield,

We celebrate our Cedarfield value of Partnership in January. We live our value of Partnership by fostering relationships through outreach, volunteerism, and social accountability.

Volunteering is not only about the impact we can make in other’s lives but the role it can play in making us more tolerant individuals and giving towards our community. Volunteering will bring you a world of rewards you might never have expected. It is hard-wired in all of us, as social beings, to connect with each other. While COVID-19 has self-isolated billions of people, it has prompted millions to volunteer in many innovative ways — from making facemasks to helping elderly neighbors with shopping to virtual concerts and Pilates classes.

The United Nations estimates that 1 billion people volunteer every year, giving their time to help their own communities or travel abroad. Added to this, the pandemic has sparked a surge in volunteering at the local level. Millions of people are sharing their time, skills, and knowledge to support their fellow self-isolators — from food deliveries for the elderly to walking front-line health care worker dogs. In the face of lockdowns and social distancing, volunteers are mobilizing, moving online, and finding entirely new ways to play a crucial role in the coronavirus response.

As in so many areas of our lives, we anticipate a new normal for volunteering, with new models of participation for people and collaboration, and expect that the fresh thinking happening today will have a long-lasting impact on the future of volunteering at Cedarfield.

With Warm Regards,
Michael J. Shaw
Executive Director
Upcoming Events!

Ellen Riccio – Violinist

A native of Portland, Oregon, Ellen Cockerham Riccio has served as Principal Second Violin of the Richmond Symphony Orchestra since 2009. She began offering solo backyard concerts in April of 2020 as a way of bringing live music to people during a time of isolation, uncertainty, and digital overload.

Ellen will perform works by Mozart, Tchaikovsky, Bach, and others!

Learn more at backyardviolinist.com.

Monday, January 18, 7:30 p.m.

Fellowship Hall

Sign up for a spot in the FH in the registration binder or view on Comcast 971.

The cottage registration phone line is available to call in for activities and trips after 4:30 p.m., on Wednesday, December 30. Please leave a message with the following information: Name, trip or activity date, apt. #, and phone #, and number attending. Phone # to call: 804-474-8895.

Drive-Thru Metro Richmond Zoo

This Drive-Thru Tour is a unique way to experience the Metro Richmond Zoo from the warmth of our very own Cedarfield Vehicle during the winter. We will order a box lunch to enjoy half way thru. Because of limited seating we will take several trips to the Zoo.

Tuesday, January 12, 11:00 a.m.

Tuesday, January 26, 11:00 a.m.

Depart Town Center.

Sign up in the Registration Binder.

The Trip Fee is covered. Your lunch will be charged to your account. We will distribute a menu in advance for you to pick out your selection.

If we have a lot of interest we have 2 dates in February picked out.

In–Person Bingo!

Please join Caitrin and Georgia for great prizes and lots of fun!

Tuesday, January 5 , 3:30 p.m.

Thursday, January 14, 2:00 p.m.

Tuesday, January 19, 3:00 p.m.

Tuesday, January 26, 3:30 p.m.

Sign-up in the registration binder.

Comcast 971 Bingo

Friday, January 8, 1:00 p.m.

Friday, January 22, 1:00 p.m.

Call with your Bingo 955-5188

Classic Holiday Movie Sundays

Please join us for a classic movie.

Jan 10- Huckleberry Finn

Jan17- South Pacific

Jan 24- Guys and Dolls

Jan 31- Oklahoma!

Sign up in the registration binder in the In house mailroom.

All programs that we have in the FH will have a seat maximum of 25 residents (sign up in the registration binder) but will be broadcast on Comcast Channel 971.
Walk Across Central and South America

Join in the fun as we walk across Central & South America, visiting 16 countries in 6 weeks walking 11,465 miles.

The walk begins January 3rd.
This is our most difficult challenge yet and we need 100+ people to sign up!
Please sign up in the Hub or In-house Mailroom.
For more information, please contact Tom Maxwell at (804) 716-7737.

We are Pleased to Offer Tai Chi with Janet Nugent

Tai Chi for Everyone - Dianne Bailey
Tai Chi is defined as a martial art that utilizes gentle, flowing movement to enhance health in body and mind...
Tai Chi is exercise
Why Tai Chi is successful??
1-light, gentle exercise
2-improvement in function
3-improvement in immune system function
4-quality of life improvement
5-doable and safe for long term
6-improvement in balance and functional mobility with less pain
7-fluid, flowing, gentle movement(s)
8-calming, reducing stress

Join Janet for a Tai Chi Demonstration at 2:00 pm on
Thursdays, January 7, 21, and 28.

Interested in Beginning or Restarting Your Fitness Journey in 2021?
Call Carol Thompson, Wellness Coordinator, at 474-8891 for more information.
Spirituality

Sunday Worship
The Pastoral Services Team invites you to return to in person worship Sunday mornings in a modified format. The worship service will continue to be live streamed on Channel 971.

Fellowship Hall
10:00 a.m.

On Jan. 3, at the conclusion of worship and the live stream, Communion will be available until 11:00 a.m. Wear your mask and come to the Fellowship Hall if you would like to be served.

Lectionary Readings for the month of January

<table>
<thead>
<tr>
<th>January 3</th>
<th>January 10</th>
<th>January 17</th>
<th>January 24</th>
<th>January 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isaiah 60:1-6</td>
<td>Genesis 1:1-5</td>
<td>1 Sam 3:1-10</td>
<td>Jon 3:1-5; 10</td>
<td>Deut 18:15-20</td>
</tr>
<tr>
<td>Ps 72:1-7, 10-14</td>
<td>Psalm 29</td>
<td>Ps 139:1-6, 13-18</td>
<td>Ps 62:5-12</td>
<td>Psalm 111</td>
</tr>
<tr>
<td>Eph 3:1-12</td>
<td>Acts 19:1-7</td>
<td>1 Cor 6:12-20</td>
<td>1 Cor 7:29-31</td>
<td>1 Cor. 8:1-13</td>
</tr>
<tr>
<td>Matt 2:1-12</td>
<td>Mark 1:4-11</td>
<td>John 1:43-51</td>
<td>Mark 1:14-20</td>
<td>Mark 1:21-28</td>
</tr>
</tbody>
</table>

Regularly Scheduled Programming on Comcast Channels 970 and 971
(all programs begin at 10:00 a.m., unless otherwise noted)

Comcast Channel 970:
- Wednesdays: Musical selections vary
- Saturdays: Comedy with Jeanne Robertson
- Sundays: 9:30 a.m. Inspirational musical selections vary

Comcast Channel 971 (Live-Stream)
- Sundays: Morning Worship
- Mondays: Morning Prayer**
- Thursdays: Joyful Reflections

**Morning Prayer
(in-person)
If you would like an in-person experience, Chaplain Trish Carter will lead a session of Morning Prayer immediately following the live-stream. Limited to 6 participants; Advance Sign-Up and Masks required. Mondays, January 4, 11, 18, and 25, at 10:30 a.m.
Town Center Chapel
Spirituality

God and the Pandemic
A Christian Reflection on the Corona Virus and its Aftermath
A new Bible Study Series using a book of the same name authored by N. T. Wright.

Resident Roger Dowdy will begin a new 7-week series exploring a unique response to the virus — a response drawn from the careful reading of the Bible, Christian history, and, above all, on the way of living, thinking and praying revealed by Jesus.

A study guide will be available for purchase. Call Pastoral Services to order your copy and to reserve your seat for this study.

Tuesdays, January 5 through February 16, at 10:00 a.m.
Fellowship Hall and Live Stream on Channel 971.

Welcome Spring Chaplain Intern Aaron Muriungi
The Pastoral Services team welcomes Aaron Muriungi this month as a Chaplain Intern. Aaron, a native of Kenya, is a student at Union Seminary. He will be providing spiritual care primarily in the licensed areas. Please extend a warm Cedarfield welcome to him when you meet him.

Adventures in Mission with Rev. Sam NeSmith
Join us as Rev. NeSmith shares about his more than 100 mission trips around the world: internationally to Russian, Haiti, Sierra Leone, Liberia, Argentina, El Salvador, Cambodia; and domestically to Tangier Island, Virginia, and hurricane ravaged North Carolina and Mississippi.

Call Margaret in Pastoral Services to reserve your seat.

Thursday, January 7 at 11:00 a.m.
Fellowship Hall and Live Stream Channel 971.

Men’s Coffee
Please join the men of Cedarfield for casual conversation over coffee and danish. Associate Executive Director Matt Dameron will be the featured speaker. Call Margaret in Pastoral Services to reserve your seat.

Friday, January 8, 10:00 a.m.
Fellowship Hall

Roman Catholic Eucharist provided by St. Mary’s Catholic Church
Thursday, January 21, 11:00 a.m.
Fellowship Hall

Service of Holy Communion and Healing Prayer

Wednesday, January 20
drop by between 2:00—2:30 p.m.
Town Center Chapel

For more information about these events, contact Margaret Ernstes in Pastoral Services at 474-8892 or email her at Mernstes@pinnacleliving.org.
Community Information

**Series Subscription Transportation**
Transportation will be provided to all residents who hold tickets.

**Masterworks, Richmond Symphony**
Saturday, January 16, 2021, depart 7:15 pm (Town Center)
If you hold tickets and would still like to attend, please sign up in the Resident Mailroom in the registration binder. This is a Level III program.
If you decide not to go, please call or email Richmond Symphony Patron Services at 804-788-1212 ext. 2 or e-mail. patronservices@richmondsymphony.com

**Jamin with Jillson**
We have added another day to Earle Jillson’s movin’ and groovin’ exercise program. He will be here Tuesday and Thursday 11:00 a.m. (time change)
Parkview 3rd floor activity area.
Questions or to join call Georgia

**Flower Power in Half an Hour**
Join Louisa Rucker on Live-stream and in-person to learn her awesome technics.
We will have a few spaces in the Fellowship Hall to view in-person. If you have general flower arranging questions submit them to the Wellness & Leisure Box on the Resident in-house mail room before the livestream.

Tuesday, January 12
3:30 p.m.
Comcast 971 and room for 25 residents in the Fellowship Hall.

**Book Group-January 22**
*The Immortal life of Henrietta Lacks* by Rebecca Scott.
Books may be checked out in the Wellness & Leisure office. Limit 10.
Sign up in the Registration Binder in the Resident mailroom.

**Indoor Walking Group**
We will now have the indoor walking group on Tuesday and Thursdays at 8:45 a.m. If you have questions please call Georgia 474-8733.

**National Chocolate Cake Day**
Stop by Town Center for cake!

**Stay at Home Spa Social**
Join Caitrin and Georgia for a relaxing spa social! Come pamper yourself by painting your nails and making lavender body scrub. Sign-up in the registration binder.

**Wednesday, January 27, 2:00 p.m.**
Fellowship Hall
25th Anniversary Celebration Plans for January and Beyond

Research and Wellness Programming

Cedarfield and VCU’s Dept. of Gerontology/”The Longevity Project” are exploring a ‘collaborative’ anticipated for January–May, 2020. This collaborative will benefit the Cedarfield community and Gerontology graduate-level studies at VCU by designing informative programs/panels for Cedarfield, as well as providing VCU advanced students access to share with and learn from Cedarfield Residents and Team members over the Winter semester, 2020. The projected collaborative calls for the Cedarfield Focus Group Planning Committee to serve as Cedarfield's coordinating entity for the collaborative, in coordination with Rebecca Merritt, Director of Wellness and Leisure.

COMMUNITY OUTREACH

Daily Planet Volunteer
Come by the Fellowship Hall to make Hygiene and Clothing Kits for the Daily Planet.
Sign-up in the registration binder.
Thursday, January 21
at 2:00 p.m.
Fellowship Hall

Thank You Baskets For Frontline Workers
Come join Caitrin to make snack and self-care baskets for ICU Frontline Workers at St. Mary's Hospital!
Thursday, January 7
at 3:30 p.m.
Fellowship Hall
Sign up in the registration binder.
Movement Disorder Support Group
This month for the Movement Disorder Support Group we are pleased to welcome Penny Eissenberg, Director of Healthpro-Heritage Rehabilitation. She will present information about their Rehab options for movement disorders.

Friday, January 8
2:00 p.m.
Fellowship Hall
Sign up in the registration binder.

Line Dancing Class
Join Georgia for a fun line dancing class. We will enjoy some fun music and fellowship as we learn some steps on the dance floor. Entertain yourself and friends at parties with your moves. It’s a great way to exercise and have fun!

Tuesday, January 5, 3:30 p.m.
Tuesday, January 19, 3:30 p.m.
Group Exercise Room
Sign up in the registration binder.

Documentary Mondays!

JFK: The making of a President, January 4, 10:00 a.m.
The Industrial Revolution, January 18, 10:00 a.m.
25 in the Fellowship Hall
Sign up in the Registration Book in the Resident Mailroom.

Men’s Box Lunch in the Fellowship Hall
Enjoy a nice Box lunch from Boychik’s Deli and enjoy fellowship with friends in the Fellowship hall. If we cannot go out for lunch we will enjoy lunch together!

Friday, January 15
12:00 p.m.
FH
Sign up in the Registration binder in the In-house mailroom. We will give you a menu to order your lunch and then charge your account.
10 spots available

Women’s Box Lunch in the Fellowship Hall
Enjoy a nice Box lunch from Boychik’s Deli and enjoy fellowship with friends in the Fellowship hall. If we cannot go out for lunch we will enjoy lunch together!

Thursday, January 28
12:00 p.m.
FH
Sign up in the Registration binder in the In-house mailroom. We will give you a menu to order your lunch and then charge your account.
10 spots available.

Recycling pick-up will begin at 2:00 p.m. on the 1st & 3rd Fridays of each month.
New Year, New Foods

By: Karen Wilder, RD

The one thing I have always loved about ringing in a new year is that it is a celebration that everyone can participate in no matter where you live or what you believe in. When the clock strikes midnight, the whole world is filled with the hope of a new year and the bright-eyed, bushy-tailed resolutions for positive changes. However, that doesn’t mean that there aren’t a myriad of different traditions and superstitions all around the world to give us a little boost of luck. And of course, many of those superstitions involve my favorite topic – FOOD!

So let’s take a trip beyond greens and black-eyed peas.

In Spain, when the clock strikes midnight, revelers try to eat 12 grapes before 12:01. Each grape represents one month in the new year and for as many grapes as you can eat, you will have that many months of good luck. Perhaps a bit of a choking hazard, but a fun and nutritious tradition, nonetheless.

If we head south to Greece, we will find everyone at midnight eating vasilopita which is a type of cake with hints of citrus and a vanilla sugary glaze. A gold coin is hidden in the cake and the person who finds the coin will have a year of good luck.

If you find yourself in Scandinavia on New Year’s Eve, I hope you like pickled herring. The migratory patterns of herring are unpredictable so having an abundance of herring is seen as having good luck. Herring is eaten at midnight to symbolize gratitude for all blessings in the past year and a prayer for prosperity in the new one.

In Japan, there is a tradition of eating buckwheat soba noodles at midnight while reflecting on the past and ushering in the future. These noodles are called Toshikoshi Soba or “year-crossing noodles”. Buckwheat is a hardy plant and represents strength and resilience, while the long noodles represent a long and prosperous life.

Finally, there are also foods that are traditionally not supposed to be eaten. One superstition states that you shouldn’t eat lobster before midnight, because lobster move backward in the water and eating it would set your luck back. Also, you should stay away from chicken or other fowl because their wings might fly off with your good luck.

As we look forward to a brand new year, I don’t know about you, but I may try all of these superstitions. Goodness knows we need all the good luck we can get.

Ask The Dietitian with Karen Wilder is on Wednesdays in December at 1:00 p.m. on Comcast Channel 971. Please join us!
What’s New in Creative Expression Studio January 2021!

New! Art With Dani! Adventures in Art and Whimsical Watercolor
Instructor Dani Ashbridge teaches a wide range of craft projects and techniques in this guided class on Tuesday afternoons from 1-3pm. Every week will be a new adventure! Dani will also be teaching Whimsical Watercolor on Thursdays from 1-3pm. This class will be a great time to practice and improve your watercolor skills. Beginners are most welcome.

New! Crafts with James!
Join James Torres for crafts on Tuesday and Thursday afternoons from 3:30-4:30pm! James will expertly teach and patiently guide each student through every step of making unique holiday and seasonal crafts and Opening Mind Through Art Therapy. Enjoy painting, meeting new friends, and getting to know James! Please call 474-8887 each Monday to find out the project for the week and to reserve your place in Dani’s and James’s class. Beginners are always welcome!

New! Cedarfield Gallery
We are so delighted to welcome the wonderful artists of the Tuckahoe Artists Association to the Cedarfield Gallery! Their exhibition will open on January 6th, and run until March 3, 2021.

A Big Thank You!
December saw Cedarfield overflowing with creativity in the form of the Resident Arts and Crafts Show, Shirley Shapiro and Jean Boddy’s popular holiday card sale, and Vivian Makosky’s Santa’s of the World exhibition! Thank you to all the residents for their generosity and creative spirit! Your artworks make Cedarfield shine!

Artist Spotlight: Joyce Haley
You can almost always find Cedarfield resident and artist Joyce Haley in the Creative Expression Studio. Joyce has an insatiable curiosity and just loves to make art out of all kinds of materials, from alcohol ink to fused glass. She is an adventurous experimenter, especially during Open Studio hours on Fridays, when she works on unique jewelry, mosaic and paintings. Joyce’s art has been incorporated into memorial services at Cedarfield, and she herself sees artwork as a form of joyful and profound meditation.
Popcorn Days in January!
- Friday, January 1
- Friday, January 8
- Friday, January 15
  *National Popcorn Day!
  *Tuesday, January 19
- Friday, January 22
- Friday, January 29
  1:30-2:30 p.m.
  Town Center

Winter Decorating Group
NEW! Come join James to decorate the halls of Cedarfield for Winter!

- Sign-up in the registration binder.
- Wednesday, January 6
  10:00 a.m.
  Chatterbox

Great Decisions Discussion Group
We are bringing back the Great Decisions Discussions Group for 2021. Come to discuss topics.

- Sign-up in the registration binder.
- Tuesday, January 19
  1:00 p.m.
  Fellowship Hall

Conversational Spanish Group Meeting
- Monday, January 11
  1:00 p.m.
  The Hub

Winter Trivia w/ Prizes
Come join Caitrin in the Hub to learn about Winter Trivia.

- Tuesday, January 5
  11:00 a.m.
  The Hub
  Sign-up in registration binder.

Hot Chocolate and Treats Grab-N-Go!
Start your morning off right and grab some hot chocolate and breakfast items!

- Thursday, January 7
- Thursday, January 21
  10:00—11:30 a.m.
  The Hub

Fiesta Fridays!
Join James in the Hub for Fiesta Fridays! Come grab some fiesta appetizers and drinks! Enjoy the conversation and treats with your friends or get your items to-go!

- Friday, January 8
- Friday, January 29
  2:00-3:30 p.m.
  The Hub

Warm Cinnamon Rolls To Go!
Come by the Hub grab a Cinnamon Roll and Chat with James!

- Monday, January 11
  10:00-11:30 a.m.
  The Hub
THE COMPUTER IS IN THE LIBRARY
Yes, our library now has a computer. It is located in the rear of the library on the left-hand side. Initially, residents may use the computer to look up a book to see if it is in our library, just like you would have looked up a book in the old card catalog.
You may look up a book by Title, Author, Large Print, Diversity or Virginia. Fiction and nonfiction books come up automatically.
For example, if you type in an author’s name, all the books we have by that author will appear.
If you type in Large Print, all the books we have in Large Print will appear.
Instructions on how to research a book are located on the computer desk.
Residents will use the same process we have always used to check out books.
Do take advantage of this new tool to find a book in the Cedarfield Library.

THANK YOU!
Many thanks to all of the residents to helped make the Employee’s Christmas “Party” what it was this year. Your wrote notes, made posters and ornaments, decorated and put together the gifts and then came outside to greet our team members in the parking lots. (Even six hardy folks at 6:00 a.m. in 28 degree weather!)
THANK YOU.
Marty Rittenhouse
Judy Johnson

Martin Luther King Celebration of Life
A Superb program commemorating the life of Martin Luther King Jr. will be brought to you in the Fellowship Hall and 971.
Monday, January 18th
1:30 p.m.
Sign up in the registration binder to attend in the Fellowship Hall.

Foster Grandparents
"Foster Grandparents are role models, mentors, and friends to children who need additional support. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities."
-Senior Connections, The Capital Area Agency on Aging. If you are interested in helping a foster grandparent, please sign-up in the registration binder. Please contact Nancy Bolio or Caitrin Soltes if you have any questions.
Wednesday, January 20
2:00 p.m.
Chatterbox

Pickle Ball
Are you interested in Pickle Ball?
Please call Barbara Rose 241-0950!